



**[thrive.ubc.ca](http://thrive.ubc.ca)**

**November 1<sup>st</sup>-30<sup>th</sup>, 2019**



## What is Thrive?

- Thrive is a month-long series of activities focused on building positive mental health among UBC students, staff, and faculty.
- Thrive is also a **mindset**. We all have mental health, and we can strengthen our mental health by learning, thinking, talking, and discovering new skills and resources to help us Thrive all year long.



## How can you Thrive at UBC?

- The answer is unique to everyone. You can Thrive by focusing on 5 basic activities that can promote your physical and mental health:
  - sleep
  - physical activity
  - nutrition
  - social connection
  - sense of purpose & helping others



## Sleep

- **Thrive by resting up**
  - Getting enough quality sleep can help you tackle school, work, and life's everyday challenges.
- **Build your mental health by...**
  - Establishing a bedtime routine
  - Taking a 20 minute nap during the day
  - Unplugging/disconnecting from technology before bed



## Physical Activity

- **Thrive by moving regularly**
  - Consistently integrating physical activity in your day helps manage stress levels and boosts your mood.
- **Maintain your mental health by...**
  - Including a stretch or movement break
  - Taking a brisk walk for 10 minutes each day
  - Standing for 5 minutes at the beginning of each hour



## Nutrition

- **Thrive by eating well**
  - Eating a balanced diet will fuel you with the building blocks to a healthy mind and body.
- **Boost your mental health by...**
  - Adding 1 more vegetable to your usual meals
  - Having breakfast
  - Packing a healthy lunch. Don't forget some snacks too!



## Social Connection

- **Thrive by connecting with others or spending time together**
  - Spending time with family, friends, and community members helps to build your network of support for when you need it the most.
- **Contribute to your mental health by...**
  - Sharing a meal with a friend
  - Introducing yourself to someone new
  - Reconnecting with someone you've lost touch with



## Helping Others

- **Thrive by giving back**
  - Helping others adds to your sense of purpose, connection, and wellbeing.
- **Foster your mental health by ...**
  - Helping a friend, colleague, or family member
  - Volunteering for a campus or community event
  - Caring for a plant or animal







## How can you take part in Thrive?

- Consider these 5 activities as you plan your daily life
- Attend a Thrive event!

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